



## BUTTERY SPREAD, LIGHT

Date: April 2009

Code: B004, B005

### PRODUCT DESCRIPTION

- Light buttery spread may be made with a blend of vegetable oils like canola, soybean, olive, and sunflower.

### PACK/YIELD

- B004: twin-pack 7.5 ounce tubs
- B005: 15 ounce tub
- Both package sizes contain about 32 servings (1 tablespoon each).

### STORAGE

- Store unopened tubs of light buttery spread in the refrigerator until ready to use.
- After opening, cover with lid and store in the refrigerator.
- Look at the “Best if used by” or “Best by” date on the tub.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Use light buttery spread to coat a skillet or pan when cooking vegetables or meats.
- Spread light buttery spread over toast.
- Mix light buttery spread with garlic powder and other spices; spread over slices of bread and heat in the oven for quick garlic bread.
- Mix light buttery spread with spices and spread over warm vegetables.

### NUTRITION INFORMATION

- 1 tablespoon of buttery spread counts as 2 ½ teaspoons of oils in MyPyramid.gov. For a 2,000-calorie diet, the recommended daily allowance is 6 teaspoons.
- Light buttery spread has half the fat and calories of butter and no cholesterol.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: 1 tablespoon (14g)

#### Amount Per Serving

<b>Calories</b>	50	<b>Calories from Fat</b>	45
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#### % Daily Value\*

<b>Total Fat</b> 5g		<b>8%</b>
Saturated Fat 1.5g		<b>8%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 85mg		<b>4%</b>
<b>Total Carbohydrate</b> 0 g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 0g		
<b>Protein</b> 0g		
Vitamin A 14%	Vitamin C	0%
Calcium 0%	Iron	0%

\*Percent Daily Values are based on a 2,000 calorie diet.

**BAKED POTATO SOUP****MAKES ABOUT 5 SERVINGS****Ingredients**

2 tablespoons light buttery spread  
 1 small onion, chopped  
 2 medium potatoes, baked, peeled and mashed  
 3 cups prepared instant nonfat dry milk  
 1 can (about 14.5 ounces) low-sodium chicken broth  
 1 cup reduced-fat cheddar cheese, shredded  
 pepper, and salt to taste

**Directions**

1. Melt light buttery spread in a large saucepot over medium heat and add chopped onion, stirring every once in a while until onions are clear.
2. Stir in potatoes, milk and broth; continue to stir until smooth.
3. Bring to a boil over medium heat, stirring every once in a while.
4. Remove from heat and stir in  $\frac{1}{2}$  cup cheese. Add pepper and salt to taste. Sprinkle remaining cheese on top and serve.

**Tip**

For a heartier dish, add 2 cups diced cooked chicken or turkey ham.

Nutrition Information for 1 serving (about 1 cup) of Baked Potato Soup					
<b>Calories</b>	267	<b>Cholesterol</b>	28 mg	<b>Sugar</b>	10 g
<b>Calories from Fat</b>	99	<b>Sodium</b>	468 mg	<b>Protein</b>	120 g
<b>Total Fat</b>	11 g	<b>Total Carbohydrate</b>	23 g	<b>Vitamin A</b>	240 RAE
<b>Saturated Fat</b>	6 g	<b>Dietary Fiber</b>	1 g	<b>Vitamin C</b>	9 mg
				<b>Calcium</b>	595 mg
				<b>Iron</b>	0.5 mg

*Recipe adapted from Countrycrock.com.*

**SPICY RICE****MAKES ABOUT 4 SERVINGS****Ingredients**

1 onion, chopped  
 2 jalapeno peppers, chopped and seeded  
 2 garlic cloves, chopped  
 2 tablespoons low-sodium tomato paste  
 $2\frac{1}{2}$  cups water  
 $\frac{1}{2}$  teaspoon salt  
 2 tablespoons light buttery spread  
 1 cup uncooked medium grain white rice  
 $\frac{1}{2}$  cup canned green peas, low-sodium, drained  
 $\frac{1}{2}$  cup canned carrots, low-sodium, drained

**Directions**

1. In a bowl mix onion, peppers, garlic, tomato paste,  $\frac{1}{4}$  cup of water and salt; set aside.
2. In a skillet, melt light buttery spread over medium heat and cook rice, stirring every once in a while, until golden.
3. Stir in remaining water, peas, carrots, and onion mixture. Bring to a boil over high heat.
4. Reduce heat to low, cover and cook for 20 minutes or until rice is tender.

Nutrition Information for 1 serving (1 cup) of Spicy Rice					
<b>Calories</b>	247	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	4 g
<b>Calories from Fat</b>	27	<b>Sodium</b>	461 mg	<b>Protein</b>	5 g
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	49 g	<b>Vitamin A</b>	486 RAE
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	4 g	<b>Vitamin C</b>	11 mg
				<b>Calcium</b>	39 mg
				<b>Iron</b>	3 mg

*Recipe adapted from Countrycrock.com.*